



# Healthy Whole Wheat

## Take a Look at Whole Wheat Bread Labels

*Take a closer look at the Ingredients list....*

**INGREDIENTS:** **WHOLE WHEAT FLOUR**, WATER, HIGH FRUCTOSE CORN SYRUP, WHEAT GLUTEN, SOYBEAN AND/OR CANOLA OIL, YEAST, SALT, HONEY.

Because ingredients are listed in order by amount, always look for the **FIRST** ingredient to be **Whole Wheat** to help determine if the product is whole grain.

**INGREDIENTS:** **MULTI - GRAIN FLOUR**, WATER, BULGER WHEAT, WHEAT GLUTEN, BROWN SUGAR, HONEY, YEAST, SALT, SOY LECITHIN, SOY FLOUR.

Foods labeled with the words **multi-grain**, **100% wheat**, **cracked wheat**, **seven-grain**, or **bran** are usually **NOT whole-grain products**.

**INGREDIENTS:** **ENRICHED WHITE FLOUR**, WATER, HIGH FRUCTOSE CORN SYRUP, SOYBEAN AND/OR CANOLA OIL, WHEAT FLOUR, YEAST, SALT, HONEY.

This label is for white bread without the benefits of whole grain although the color could be white or brown. Brown coloring may be added to make it look like whole wheat but it's really not.

